

Lifespan Respite 2017 Summit Activity Results

1. What activities or social outlets are available in your community that could help caregivers refuel and recharge?

Exercise: Mall walking, group hikes / bicycling
Farmer's Market
Mindfulness: meditation activities
Free music entertainment
Gardening Clubs through Senior Centers
Aging Services
Adult Day Cares
Bridges in Helena
Support Groups
Neighborhood Center
Alzheimer's 24-hour hot line: 1-800-272-3900

2. What supports or services for caregivers would you like to see in your community?

Adult Day Cares
Support Groups (rural areas; Sanders County)
Support group in a social setting
Parents of special needs children support group
Training for caregivers
Respite Caregiver Bureau
Respite Co-ops: Run by family members
Someone to sit with loved one during church service
Caregiver Café (Staggering Ox in Helena)
Bridges program in other communities to educate, support and connect caregivers
Organize volunteer opportunities
Senior Choir
"Day of Caring"

3. Who could you partner with, in your community, to make this happen?

Body / Soul classes @ churches
Community Service Groups
Churches, faith community
Senior Centers
High schools: get youth involved – multigenerational service
Fire Departments: Emergency response
Schools

Public county health department

Hospital

Area Agency on Aging

Salvation Army

NAMI

Nursing Agencies CEVs

Elementary Schools

Colleges

Healthy Community Coalitions

Small Businesses

AARP MT

Alzheimer's Association

Home Instead Sr Care

Touchmark

Lifespan Respite

Legislators / Local level officials

Social Media Outlets

Bowling Teams

Veterans Administration

Commitment from people in this room to follow-up on an action item.